Queens of Cuisine

WITH

Swiftning

SWIFT'S BLAND LARD

by Martha Logan
HOME ECONOMIST FOR SWIFT & COMPANY

Queens of Cuisine . . . Aristocrats of the Kitchen . . . are these recipes for cakes, cookies, pies, and other baked and fried foods. They are tasty delicacies worthy of praise . . . destined to reign as family favorites. Such foods of distinction deserve your attention. Once you try them, you, too, will crown these recipes as queens of your cuisine.

by Martha Logan

BAKING INGREDIENT HINTS

1 square (1 ounce) unsweetened chocolate = 3 tablespoons cocoa

1 cup sifted all-purpose flour = 1 cup plus 2 tablespoons sifted cake flour

1 cup sifted cake flour = 1 cup minus 2 tablespoons sifted all-purpose flour

2 tablespoons flour (for thickening) = 1 tablespoon cornstarch

1 cup egg whites = 8 to 10 egg whites

1 cup egg yolks = 12 to 14 egg yolks

1 cup sweet milk = 1 cup sour milk plus 1 teaspoon soda

1 cup sour milk = 1 tablespoon vinegar and fill cup with sweet milk

1 teaspoon baking powder (for leavening) = ¼ teaspoon soda and ½ teaspoon cream of tartar

Note: Variations in gluten content of brands of all-purpose flours make it impractical to make adjustments or substitutions to recipes. So, follow directions in recipe.

If a soft wheat pastry or cake flour is used, an adjustment must be made in amount of shortening and water.

If a self-rising flour is used omit salt and baking powder.

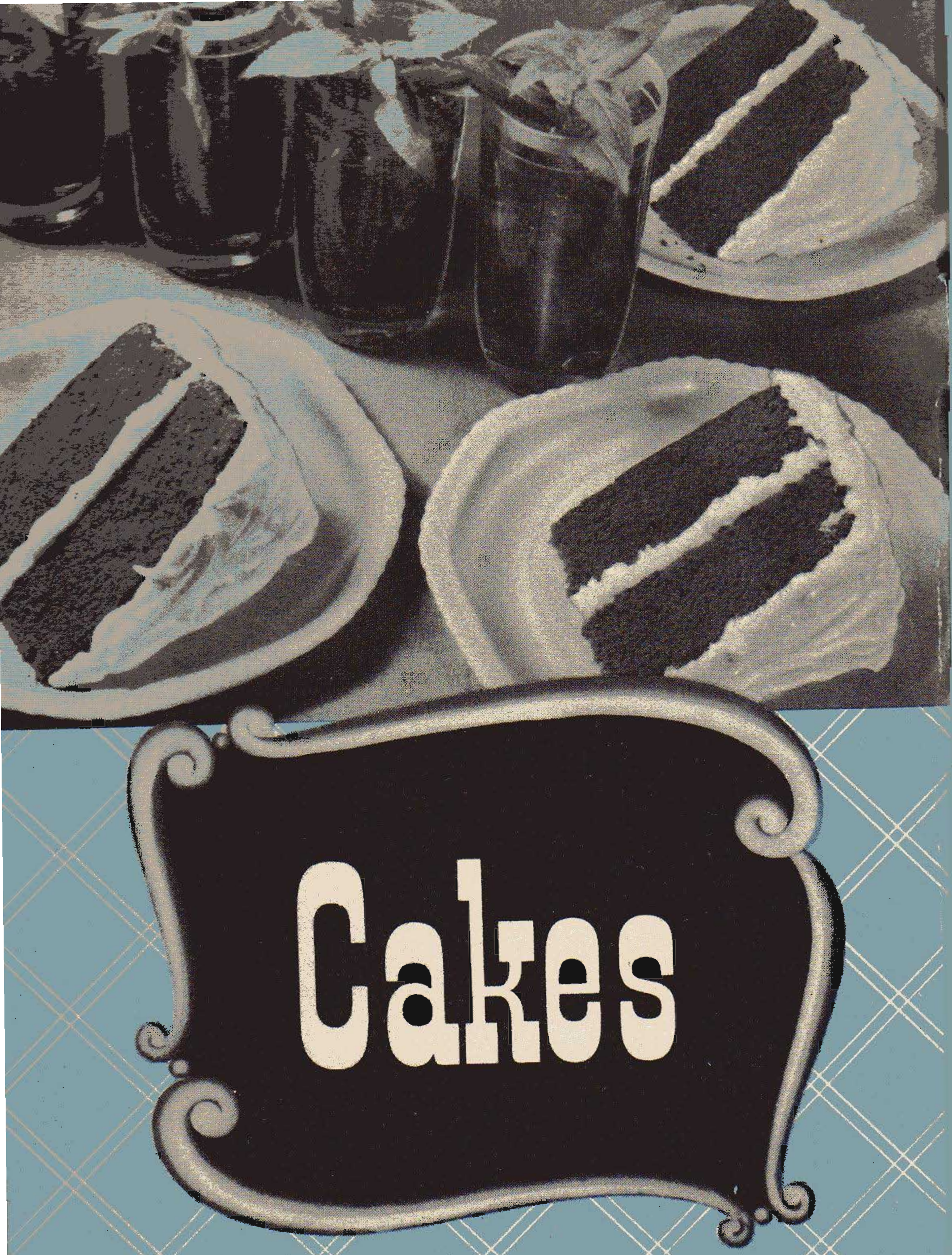
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Cakes

MARTHA'S FAVORITE CAKE

Creaming Method *Yield: Two 8-inch layers*

½ cup Swift'ning	2 eggs
1 cup sugar	2 cups sifted cake flour
1 teaspoon salt	3 teaspoons double acting baking powder
1 teaspoon vanilla	¾ cup milk

Cream Swift'ning. Add sugar, salt, and vanilla. Cream until fluffy. Add eggs, one at a time, beating well after each addition. Sift together flour and baking powder. Add alternately with milk, adding flour first and last. Mix until thoroughly blended. Line bottoms of two 8-inch layer cake pans with two layers of waxed paper. Pour equal amounts of batter into each pan. Bake.

Baking Temperature: 375° F.

Baking Time: About 30 minutes.

Suggested Frosting: Select any frosting.

BROWN SUGAR CAKE

Creaming Method *Yield: Two 8-inch layers*

½ cup Swift'ning	2 eggs
1 cup brown sugar	2 cups sifted cake flour
1 teaspoon salt	3 teaspoons double acting baking powder
1 teaspoon vanilla	¾ cup milk

Cream Swift'ning. Add brown sugar, salt, and vanilla. Cream until fluffy. Add eggs, one at a time, beating well after each addition. Sift together flour and baking powder. Add alternately, with milk, adding flour first and last. Mix until thoroughly blended. Line bottoms of two 8-inch layer cake pans with two layers of waxed paper. Pour equal amounts of batter into each pan, and bake.

Baking Temperature: 375° F.

Baking Time: About 30 minutes.

Note: ½ cup chopped pecans may be added to the batter if desired.

Suggested Frosting: Snowy Cream, Orange or Lemon Icing

DANISH LAYER CAKE

Creaming Method — *Yield: Two 9-inch layers*

½ cup Swift'ning
1 cup sugar
1 teaspoon salt
1 teaspoon vanilla
6 egg yolks
2 cups sifted cake flour
3 teaspoons double acting baking powder
⅔ cup milk

Cream Swift'ning. Add sugar, salt, and vanilla. Cream until fluffy. Add egg yolks, one at a time, beating well after each addition. Sift together flour and baking powder. Add alternately with milk, adding flour first and last. Mix until thoroughly blended. Line bottoms of two 9-inch layer cake pans with two layers of waxed paper. Pour equal amounts of batter into each pan, and bake.

Baking Temperature: 375° F.

Baking Time: About 27 minutes.

For small cake: Use exactly one-half of all ingredients. Line bottom of loaf pan 7 x 7 x 1½ inches with waxed paper. Bake in moderate oven (375°F) about 27 minutes.

Suggested Frosting: Chocolate, Orange, or Lemon Icing.

APPLESAUCE CAKE

Creaming Method — *Yield: 7½ x 12 x 1¾-inch loaf*

½ cup Swift'ning
1 cup sugar
1 teaspoon salt
1 teaspoon vanilla
1 egg
2 cups sifted cake flour
1½ teaspoons double acting baking powder
½ teaspoon soda
¾ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon cloves
½ cup chopped nut meats
1 cup steamed raisins
1 cup pureed applesauce (with or without small amount of sweetening)

Cream Swift'ning. Add sugar, salt, and vanilla. Cream until fluffy. Add egg and beat well. Sift together flour, baking powder, soda, and spices. Combine dry ingredients with nut meats, and raisins which have been steamed in a wire strainer or a colander placed over hot water in a covered kettle. Add dry ingredients alternately with applesauce, adding dry ingredients first and last. Mix until thoroughly blended. Line bottom of 7½ x 12 x 1¾-inch loaf pan with two layers of waxed paper. Pour batter into pan and bake.

Baking Temperature: 350° F. *Baking Time:* 50 minutes.

Suggested Frosting: Need not be frosted; or use Lemon, Orange or Snowy Cream Frosting

PRIZE CHOCOLATE CAKE

Creaming Method — *Yield: Three 8-inch or two 9-inch layers*

⅔ cup Swift'ning
1⅓ cups sugar
1 teaspoon salt
1 teaspoon vanilla
2 eggs
2⅓ cups sifted cake flour
¾ teaspoon soda
2 teaspoons double acting baking powder
½ cup cocoa
1⅓ cups buttermilk or sour milk*

Cream Swift'ning. Add sugar, salt, and vanilla. Cream until fluffy. Add eggs, one at a time, beating well after each addition. Sift together flour, soda, baking powder, and cocoa. Add alternately with buttermilk, adding flour first and last. Mix until thoroughly blended. Line bottoms of three 8-inch or two 9-inch pans with two layers of waxed paper. Pour equal amounts of batter into each pan. Bake.

Baking Temperature: 375° F.

Baking Time: About 33 minutes.

*To make 1 cup sour milk place 1 tablespoon vinegar in measuring cup and fill with sweet milk.

Suggested Frosting: Snowy Cream Frosting with melted bitter chocolate, Chocolate Frosting

BANANA CAKE

Creaming Method — *Yield: Two 9-inch layers*

½ cup Swift'ning
1½ cups sugar
1 teaspoon salt
1 teaspoon vanilla
2 eggs
2¼ cups sifted cake flour
¼ teaspoon soda
2 teaspoons double acting baking powder
1 cup mashed bananas (2 medium bananas)
¼ cup sour milk* or buttermilk

Cream Swift'ning. Add sugar, salt, and vanilla. Cream until fluffy. Add eggs and beat well. Sift together flour, soda, and baking powder. Add dry ingredients alternately with bananas and sour milk, adding dry ingredients first and last. Mix until thoroughly blended. Line bottoms of two 9-inch layer pans, with two layers of waxed paper. Pour equal amounts of batter into cake pans. Bake.

Baking Temperature: 375° F.

Baking Time: 30 minutes.

*To make ¼ cup sour milk place ¾ teaspoon vinegar in measuring cup and fill to ¼ cup mark with sweet milk.

Suggested Frosting: Need not be frosted, or use Lemon, Orange, or Snowy Cream Frosting.

The flavor and texture of this cake are improved upon standing 24 hours.

BANANA CAKE

Quick Mix—No Creaming Method *Yield: Two 9-inch layers*

Preparation: Pre-heat oven and set at 375° F.

Line bottoms of two 9-inch round layer cake pans with two layers of waxed paper.
Have all ingredients at room temperature.
Sift flour before measuring.

Ingredients:

Group I

½ cup Swift'ning
2¼ cups sifted cake flour
2 teaspoons double acting baking powder
¼ teaspoon soda
1 teaspoon salt
1½ cups sugar
¼ cup sour milk* or buttermilk
1 cup mashed bananas (2 medium bananas)
1 teaspoon vanilla

Group II

2 eggs

Method: Place Swit'ning in bowl. Sift together flour, baking powder, soda, salt, and sugar into bowl. Add milk, bananas, and vanilla. Beat 2 minutes on medium speed of electric mixer, or by hand using 150 strokes per minute. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper. Scrape bowl and beaters.

Add Group II. Beat for 2 additional minutes. Scrape bowl and beaters. Pour equal amounts of batter into cake pans. Bake.

Baking Temperature: 375° F.

Baking Time: 30 minutes.

*To make ¼ cup sour milk place ¾ teaspoon vinegar in measuring cup and fill to ¼ cup mark with sweet milk.

The flavor and texture of this cake are improved upon standing 24 hours.

Suggested Frosting: Need not be frosted; or use Lemon, Orange or Snowy Cream Frosting.

GOLDEN HALO CAKE

Quick Mix—No Creaming Method *Yield: Two 9-inch layers, or three 8-inch layers*

Preparation: Pre-heat oven and set at 375° F.

Line bottoms of two 9-inch or three 8-inch round layer cake pans with two layers of waxed paper.

Have all ingredients at room temperature.

Sift flour before measuring.

Ingredients:

Group I

½ cup Swift'ning
2 cups sifted cake flour
1¼ cups sugar
3 teaspoons double acting baking powder
1 teaspoon salt
¾ cup milk
1 teaspoon vanilla

Group II

2 eggs

Method: Place Swift'ning in bowl. Sift together flour, sugar, baking powder, and salt into bowl. Add milk and vanilla. Beat 2 minutes on medium speed of electric mixer, or by hand, using 150 strokes per minute. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scaper. Scrape bowl and beaters.

Add Group II. Beat for 2 additional minutes. Scrape bowl and beaters. Pour equal amounts of batter into cake pans. Bake.

Baking Temperature: 375° F.

Baking Time: About 30 minutes.

Suggested Frosting: Select any frosting.

ANNIVERSARY WHITE CAKE

Quick Mix—No Creaming Method *Yield: = Two 9-inch layers, or three 8-inch layers*

Preparation: Pre-heat oven and set at 375° F.

Line bottoms of two 9-inch or three 8-inch round layer cake pans with two layers of waxed paper.

Have all ingredients at room temperature.

Sift flour before measuring.

Ingredients:

Group I

½ cup Swift'ning
2½ cups sifted cake flour
4 teasoons double acting baking powder
1 teaspoon salt
1½ cups sugar
⅔ cup milk
1 teaspoon vanilla

Group II

4 egg whites
⅓ cup milk

Method: Place Swift'ning in bowl. Sift together flour, baking powder, salt and sugar into bowl. Add ⅔ cup milk and vanilla. Beat 2 minutes on medium speed of electric mixer, or by hand using 150 strokes per minute. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper. Scrape bowl and beaters.

Add Group II—unbeaten egg whites and milk. Beat for 2 additional minutes. Scrape bowl and beaters. Pour equal amounts of batter into cake pans. Bake.

Baking Temperature: 375° F.

Baking Time: About 28 minutes.

Suggested Frosting: Quick Fudge Frosting or any other frosting.

RED REGAL CHOCOLATE CAKE

Quick Mix—No Creaming Method *Yield: = Two 9-inch layers, or three 8-inch layers*

Preparation: Pre-heat oven and set at 375° F.

Line bottoms of two 9-inch or three 8-inch round layer cake pans with two layers of waxed paper.

Have all ingredients at room temperature.

Sift flour before measuring.

Ingredients:

Group I

½ cup Swift'ning
2¼ cups sifted cake flour
1¾ cups sugar
1½ teaspoons soda
1 teaspoon salt
1 teaspoon vanilla
1 cup sour milk* or buttermilk

Group II

2 squares melted chocolate
2 eggs
½ cup sour milk* or buttermilk

Method: Place Swift'ning in bowl. Sift together flour, sugar, soda, and salt into bowl. Add vanilla and 1 cup sour milk. Beat 2 minutes on medium speed of electric mixer, or by hand using 150 strokes per minute. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper. Scrape bowl and beaters.

Add Group II. Beat for 2 additional minutes. Scrape bowl and beaters. Pour equal amounts of batter into cake pans. Bake.

Baking Temperature: 375° F.

Baking Time: 30 minutes.

*To make 1½ cups sour milk place 1½ tablespoon vinegar in measuring cup and fill to ½ cup mark with sweet milk. Combine with 1 cup of sweet milk.

Suggested Frosting: Snowy Cream Frosting or Quick Fudge Frosting

CHOCOLATE CAKE

Quick Mix—No Creaming Method *Yield = Two 9-inch layers or three 8-inch layers*

Preparation: Pre-heat oven and set at 375° F.

Line bottoms of two 9-inch or three 8-inch round layer cake pans with two layers of waxed paper.

Have all ingredients at room temperature.

Sift flour before measuring.

Ingredients:

Group I

½ cup Swift'ning
2¼ cups sifted cake flour
1¾ cups sugar
4 teaspoons double acting baking powder
1 teaspoon salt
1 teaspoon vanilla
1 cup milk

Group II

2 squares melted chocolate
½ cup milk
2 eggs

Method: Place Swift'ning in bowl. Sift together flour, sugar, baking powder, and salt into bowl. Add vanilla and 1 cup milk. Beat 2 minutes on medium speed of electric mixer or by hand using 150 strokes per minute. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper. Scrape bowl and beaters.

Add Group II. Beat for 2 additional minutes. Scrape bowl and beaters. Pour equal amounts of batter into cake pans. Bake.

Baking Temperature: 375° F.

Baking Time: 30 minutes.

*May use 3 teaspoons of single acting baking powder and ½ teaspoon soda.

Suggested Frosting: Snowy Cream or Chocolate Frosting

NUT CAKE

Quick Mix—No Creaming Method Yield: 7½ x 12 x 1¾-inch loaf

Preparation: Pre-heat oven and set at 350° F.

Line bottom of 7½ x 12 x 1¾-inch pan with two layers of waxed paper.

Have all ingredients at room temperature.

Sift flour before measuring.

Ingredients:

Group I

½ cup Swift'ning

1½ cups sifted cake flour

1 cup sugar

3 teaspoons double acting baking powder

1 teaspoon salt

⅔ cup milk

1 teaspoon vanilla

Group II

2 eggs or 1 egg and 1 egg white

1 cup chopped nut meats

Method: Place Swift'ning in bowl. Sift together flour, sugar, baking powder, and salt into bowl. Add milk and vanilla. Beat 2 minutes on medium speed of electric mixer, or by hand using 150 strokes per minute. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper. Scrape bowl and beaters.

Add Group II. Beat for 2 additional minutes. Scrape bowl and beaters. Pour batter into pan. Bake.

Baking Temperature: 350° F.

Baking Time: About 40 minutes.

Note: Leave in pan 24 hours before cutting.

Suggested Frosting: Need not be frosted; or use Snowy Cream Frosting.

WHITE CUP CAKES

Creaming Method *Yield: 18 medium cup cakes*

½ cup Swift'ning
1¼ cups sugar
½ teaspoon salt
1 teaspoon vanilla
2 cups sifted cake flour
2 teaspoons double acting baking powder
¾ cup milk
½ cup egg whites (about 4 egg whites)

Cream Swift'ning. Add sugar, salt, and vanilla. Cream until fluffy. Sift together flour and baking powder. Add alternately with milk, adding flour first and last. Mix until thoroughly blended. Beat egg whites until stiff but not dry. Fold into cake batter, blending lightly and thoroughly. Rub muffin pans (2¾-inches in diameter and 1¼-inches deep) with Swift'ning. Fill two-thirds full with batter. Bake.

Baking Temperature: 375° F.

Baking Time: About 20 minutes.

Suggested Frosting: Select any frosting.

FRUITED CUP CAKES

Creaming Method *Yield: 18 medium cup cakes*

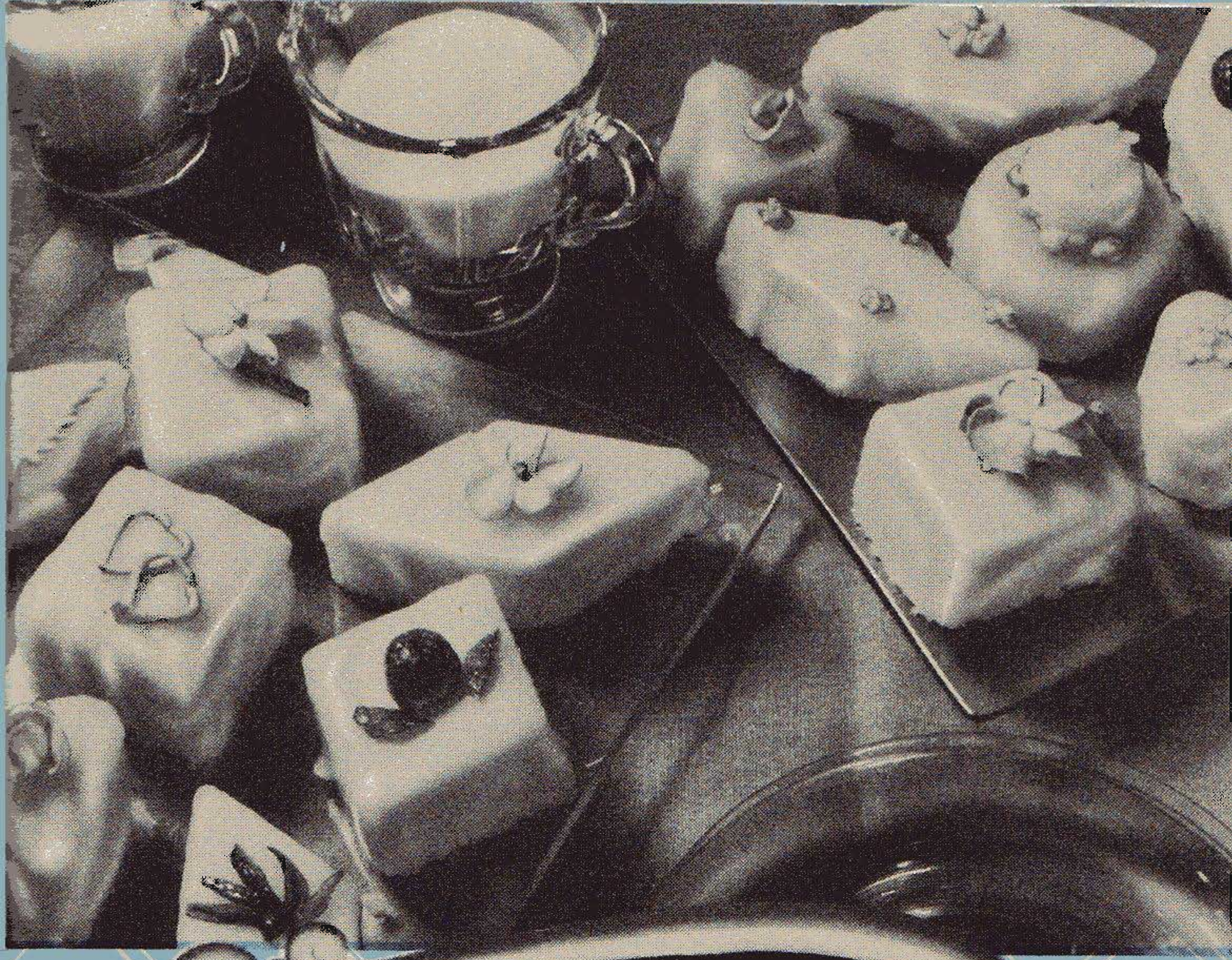
½ cup Swift'ning
1 cup sugar
1 teaspoon salt
2 eggs
Rind of ½ orange
1 cup seedless raisins
2¼ cups sifted cake flour
3 teaspoons double acting baking powder
½ cup milk

Cream Swift'ning. Add sugar and salt. Cream until fluffy. Add eggs, one at a time, beating well after each addition. Grind orange and raisins. Add. Sift together flour and baking powder. Add alternately with milk, adding flour first and last. Mix until thoroughly blended. Rub muffin pans (2¾-inches in diameter and 1¼-inches deep) with Swift'ning. Fill two-thirds full with batter, and bake.

Baking Temperature: 375° F.

Baking Time: About 25 minutes.

Suggested Frosting: Snowy Cream Frosting



Icings

SNOWY CREAM FROSTING

Yield: Filling and frosting for three 8-inch layers or for two 9-inch layers

½ cup Swift'ning
¾ teaspoon salt
1 teaspoon vanilla
1¾ cups sifted confectioner's sugar
1 tablespoon milk

Cream Swift'ning until soft and fluffy. Beat in salt and vanilla. Add confectioner's sugar gradually, alternating with milk. Beat until smooth and creamy.

Cocoa Icing: Add ½ cup sifted cocoa to the above ingredients, increasing the milk to 3 tablespoons. Greater volume will be achieved by the machine mixed frosting than by the hand method.

ORANGE ICING

Yield: Filling and frosting for two 8-inch layers

¼ cup Swift'ning
½ teaspoon salt
1 teaspoon vanilla
1 teaspoon grated orange rind
1 egg yolk
1¾ cups sifted confectioner's sugar
2 tablespoons orange juice

Cream Swift'ning until soft and fluffy. Beat in salt, vanilla, and orange rind. Add egg yolk and combine well. Add confectioner's sugar gradually, alternating with orange juice. Beat until smooth and creamy.

LEMON FROSTING

Yield: Filling and frosting for two 9-inch layers or three 8-inch layers

¼ cup Swift'ning
1 egg yolk
1 teaspoon grated lemon rind
1½ tablespoons lemon juice
¾ teaspoon salt
2½ cups sifted confectioner's sugar
2 tablespoons milk

Cream Swift'ning until soft and creamy. Beat in egg yolk, lemon rind, lemon juice, and salt. Add confectioner's sugar alternately with milk. Beat until smooth and creamy.

LEMON FROSTING

Yield: Filling and frosting for two 8-inch layers

¼ cup Swift'ning
1 egg yolk
¾ teaspoon grated lemon rind
1 tablespoon lemon juice
½ teaspoon salt
1¾ cups sifted confectioner's sugar
1 tablespoon milk

Cream Swift'ning until soft and creamy. Beat in egg yolk, lemon rind, lemon juice, and salt. Add confectioner's sugar alternately with milk. Beat until smooth and creamy.

CHOCOLATE FROSTING

Yield: Filling and frosting for two 9-inch layers or three 8-inch layers

¼ cup Swift'ning
¼ cup boiling water
½ teaspoon salt
1 egg yolk
½ teaspoon vanilla
½ cup sifted cocoa
1½ cups sifted confectioner's sugar

Put Swift'ning into bowl. Add water and stir to blend. Beat in salt, egg yolk, vanilla and cocoa sifted with sugar. Beat well. Spread on cake cooled to room temperature (70° F.).

CARAMEL ICING

Yield: Filling and frosting for three 8-inch layers or two 9-inch layers

¼ cup Swift'ning
1⅓ cups brown sugar
2 tablespoons corn sirup
⅓ cup milk
¼ teaspoon salt
1⅔ cups sifted confectioner's sugar
2 tablespoons hot milk
1 teaspoon vanilla

Combine brown sugar, corn sirup, milk, and salt in heavy pan and cook until mixture forms a soft ball when tried in cold water (234° F.). Cool mixture until it reaches room temperature. Cream Swift'ning until soft and fluffy. Add confectioner's sugar and milk. Beat until smooth. Add cooled sirup mixture and vanilla to Swift'ning mixture and beat until icing is smooth and creamy.

QUICK FUDGE FROSTING

Yield: Filling and frosting for three 8-inch layers or two 9-inch layers

½ cup Swift'ning
1 egg yolk
1 teaspoon vanilla
½ teaspoon salt
¾ cup sifted cocoa
1¾ cups sifted confectioner's sugar
¼ cup boiling water

Cream Swift'ning until soft and fluffy. Add egg yolk, vanilla, and salt. Beat thoroughly. Sift together cocoa and confectioner's sugar. Add alternately with boiling water. Beat until smooth and creamy.



Biscuits

A CONVENIENT BISCUIT MIX

Yield: About 9 cups

1 cup Swift'ning
8 cups sifted flour
4 tablespoons double acting baking powder
4 teaspoons salt

Sift together flour, baking powder, and salt. Cut Swift'ning into flour with pastry blender, two knives, fork, or finger tips, until mixture is the consistency of cornmeal. Store in covered container in the refrigerator.

DROP BISCUITS

Yield: 12 to 16 small biscuits

2 cups Swift'ning Biscuit Mix
1 cup milk (about)

Put biscuit mix in mixing bowl. Stir in enough milk to make a very soft dough. Drop by tablespoons onto baking sheet. Bake.

For Pecan Drop Biscuits: Add ½ to 1 cup chopped pecans to biscuit mix.

Baking Temperature: 450° F.

Baking Time: 10 to 12 minutes.

BAKING POWDER BISCUITS

Yield: 14 small or 7 large biscuits

With "Biscuit Mix"	or	Without "Biscuit Mix"
2 cups Swift'ning Biscuit Mix		¼ cup Swift'ning 2 cups sifted flour 3 teaspoons double acting baking powder ½ teaspoon salt
⅔ cup milk (about)		⅔ to ¾ cup milk
Put biscuit mix in mixing bowl.		Cut Swift'ning into flour which has been sifted with baking powder and salt, until the mixture is the consistency of cornmeal.

Make well in Swift'ning mixture. Add milk and stir. Turn onto lightly floured board. Knead six times. Roll or pat to ½-inch thickness. Cut. Will make 14 small (2 inches in diameter) or 7 large (2¾ inches in diameter) biscuits. Place on baking sheet. Bake.

Baking Temperature: 450° F.

Baking Time: About 15 minutes.

PINWHEEL BISCUITS

Yield: 12 large rolls

2 cups Swift'ning Biscuit Mix ⅔ cup milk (about)

Put biscuit mix in mixing bowl. Make well in Swift'ning mixture. Add milk and stir. Turn onto lightly floured board. Knead six times. Roll into a rectangle 8 x 12 inches. Spread with any of the following fillings:

Chopped apples or other fruit, sugar, and spice
Grated cheese
Cooked, thickened fruit sauce

Roll as for jelly roll. Cut into 1-inch slices. Place cut side up, two inches apart, on baking sheet. Bake.

Baking Temperature: 450° F.

Baking Time: About 15 minutes.

GLAZED COFFEE CAKE

Yield: 10 to 12 servings

3 cups Swift'ning Biscuit Mix
2 tablespoons sugar
1 egg
1¼ cups milk (about)
¼ teaspoon cinnamon
¼ cup brown sugar
½ cup steamed raisins
¾ cup orange marmalade or jam

Combine biscuit mix and sugar in mixing bowl. Put egg into measuring cup. Add enough milk to measure one cup. Stir together and add to flour mixture along with ½ cup more milk. Stir to make a very soft dough. Spread half of dough in bottom of well greased 9-inch layer cake pan. Brush layer of dough with melted Swift'ning, sprinkle with cinnamon, brown sugar, and raisins. (Steam raisins in a wire strainer or a colander placed over hot water in a covered kettle.) Drop remaining dough by spoonfuls on top of raisins. Spread top of biscuits with orange marmalade. Bake.

Baking Temperature: 400° F.

Baking Time: 40 to 45 minutes.

DESSERT SHORTCAKE

Yield: 4 large shortcakes

2 cups Swift'ning Biscuit Mix
2 tablespoons sugar
1 egg
½ cup milk (about)

Put biscuit in mixing bowl. Add sugar and blend. Put egg into measuring cup. Add enough milk to measure three-fourths cup. Stir together. Add to flour mixture to form a soft dough. Turn onto lightly floured board. Knead six times. Roll out to ½-inch thickness. Cut six biscuits with 3-inch cutter. Place two inches apart on baking sheet. Bake. Serve hot or cold, with fruit between and over top of shortcakes.

Baking Temperature: 450° F.

Baking Time: About 12 minutes.

EGG ROLL

Yield: 8 servings

Filling:

6 hard-cooked eggs
½ cup minced celery
1 tablespoon minced parsley
⅓ cup salad dressing
1 teaspoon salt
¼ teaspoon white pepper
1 teaspoon prepared mustard
2 teaspoons horseradish

Biscuit:

2 cups Swift'ning Biscuit Mix
⅔ cup milk (about)

Chop eggs. Add celery and seasonings. Blend together. Put biscuit in mixing bowl. Stir in enough milk to form a soft dough. Turn onto lightly floured board. Knead six times. Roll into a rectangle 8 x 12 inches. Spread egg filling evenly over dough, to within 1 inch of edges. Roll as for jelly roll. Press ends together to prevent filling from cooking out. Place on baking sheet. Bake. Cut into slices. Serve hot with cream or mushroom sauce.

Baking Temperature: 450° F.

Baking Time: About 25 minutes.

THREE LAYER CHEESE CAKE

Yield: 12 servings

3 cups Swift'ning Biscuit Mix
1¼ cups milk (about)
2 cups grated sharp cheese (½ pound)
Prepared mustard
1 teaspoon paprika

Add milk to biscuit mix to form a soft dough. Turn onto lightly floured cloth-covered board. Knead six times. Divide dough into three parts. Roll thinly to fit an 8-inch square pan. Rub pan with Swift'ning. Place one layer of dough in pan. Spread with mustard then with half the cheese. Sprinkle with paprika, cover with second layer of dough, mustard, cheese, paprika and top with third layer of dough. Make several slashes on top layer. Bake. Serve immediately with cream of mushroom sauce or tomato sauce.

Baking Temperature: 450° F.

Baking Time: 25 minutes.

PECAN CARAMEL BISCUITS

Yield: 12 biscuits

6 tablespoons melted Swift'ning
3 cups sifted cake flour
4½ teaspoons double acting baking powder
¾ teaspoon salt
¾ to 1 cup milk
¼ cup butter or fortified margarine
½ cup brown sugar
2 tablespoons water
½ cup pecan meats

Sift together flour, baking powder, and salt into mixing bowl. Combine milk which is at room temperature with melted Swift'ning and beat together. Pour quickly into dry ingredients. Stir together until well blended. Biscuit dough should be very soft. Turn onto floured board. Knead thoroughly until dough is smooth but not sticky. Pat or roll to ¾-inch thickness. Cut with 2-inch cutter. Melt butter, add bown sugar and water. Combine well but do not boil. Pour 1 tablespoon of this sirup into each muffin cup. Add pecan meats. Place a biscuit in each muffin cup. Bake until biscuits are browned. Invert pans on a rack. Serve pecan side up.

Baking Temperature: 450° F.

Baking Time: 20 minutes.

BISCUIT BASKETS

Yield: 12 biscuit baskets

2 cups Swift'ning Biscuit Mix
⅔ cup milk (about)

Place biscuit mix in bowl. Add milk quickly and stir until blended to form a soft dough. Turn onto lightly floured cloth-covered board. Knead 10 times. Roll very thinly (⅛-inch thick). Cut twelve 4-inch squares. Place biscuit squares in muffin pans. Press lightly to pan. Bake. Serve hot, filled with creamed meat.

Baking Temperature: 450° F.

Baking Time: 10 minutes.

QUICK YEAST ROLLS

Yield: 12 large rolls

- 2½ to 3 cups Swift'ning Biscuit Mix
- ¾ cup milk
- 1 egg
- 1 package compressed or dry granular yeast
- 1 tablespoon sugar
- 2 tablespoons melted Swift'ning

Scald milk. Beat egg. Add milk and beat together. Mix yeast and sugar together with a fork. When milk mixture is lukewarm, add yeast. Stir in enough biscuit mix until mixture forms a soft dough. Turn onto lightly floured cloth-covered board. Knead gently 1 minute. Roll dough in a circle ¼-inch thick. Brush with melted Swift'ning. Cut into 12 wedges. Roll from wide end toward narrow point. Place on baking sheet with point end down. Brush rolls with melted Swift'ning. Cover. Let rise in warm place until double in bulk. Bake until a rich, golden brown.

Baking Temperature: 375° F.

Baking Time: 15 minutes.

CHEESE BISCUIT DIAMONDS

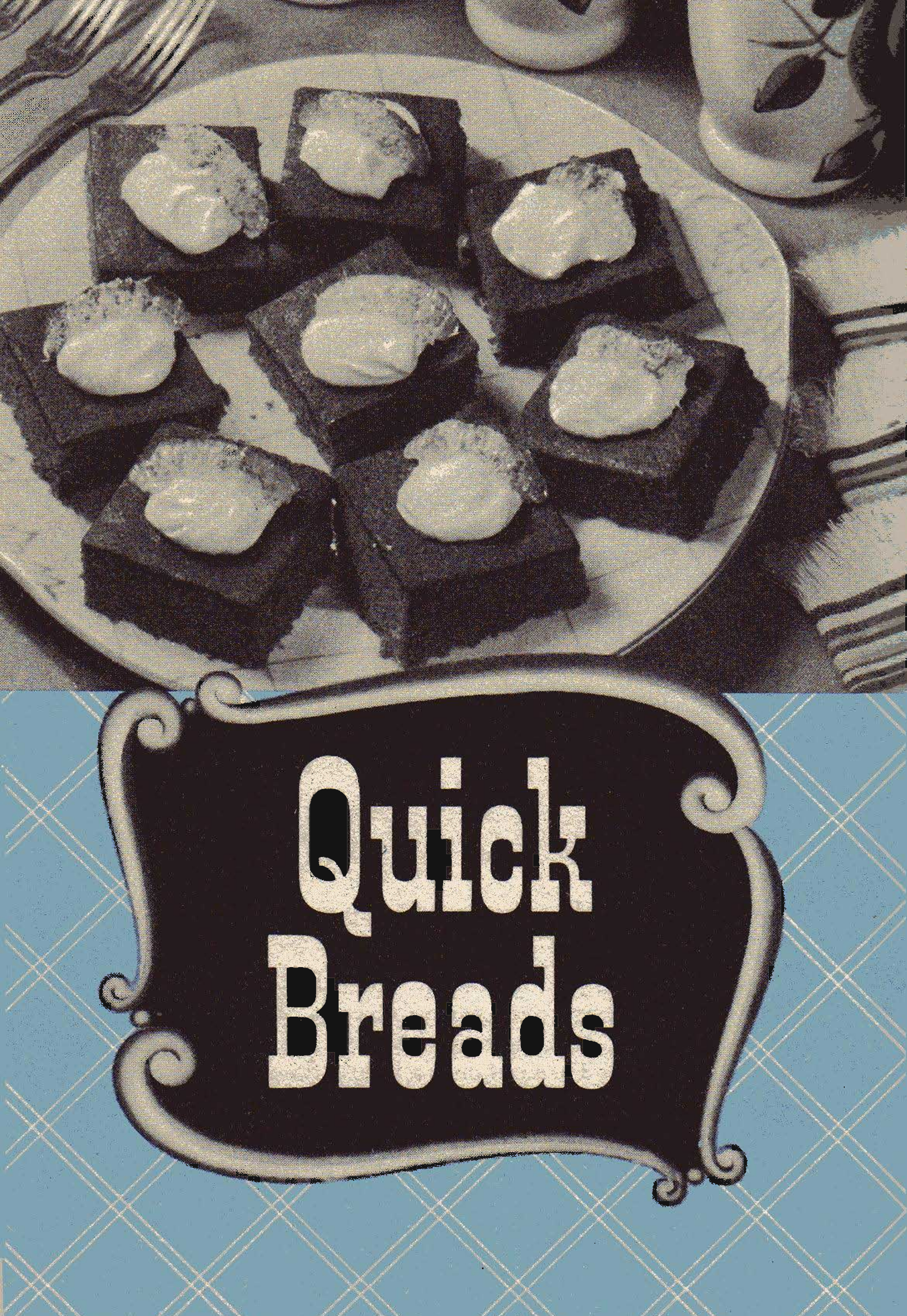
Yield: 12 biscuits

- ¼ cup Swift'ning
- 2 cups sifted flour
- 3 teaspoons double acting baking powder
- 1 teaspoon salt
- ¾ cup milk (about)
- ¾ cup grated sharp cheese

Sift together flour, baking powder, and salt. Cut in Swift'ning, using pastry blender until the mixture is the consistency of coarse cornmeal. Add milk quickly and stir until blended to form a soft dough. Turn out onto a lightly floured cloth covered board. Knead 10 times to blend well. Pat or roll dough to ½-inch thickness. Cut into diamond shapes. Sprinkle with grated cheese. Place about ¼-inch apart on baking sheet. Bake.

Baking Temperature: 450° F.

Baking Time: About 15 minutes.


Quick
Breads

CREAM PUFFS

Yield: 18 medium cream puffs

½ cup Swift'ning
1 cup boiling water
1 cup sifted flour
1 teaspoon salt
4 eggs

Add Swift'ning to water and bring to a boil. Add flour and salt all at once, and stir vigorously until ball forms in center of pan. Cool slightly. Add unbeaten eggs, one at a time, beating thoroughly after each egg. Mixture should be very stiff. Shape on greased cookie sheet by dropping from spoon or pastry bag. Bake. Cool; fill with cream filling, ice cream, whipped cream or chicken salad, ham salad, braunschweiger, or sharp cheese'

Baking Temperature: 450° F.

Baking Time: 15 minutes.

Reduce to:

Baking Temperature: 350° F.

Baking Time: About 30 minutes.

DELICATE GINGER BREAD

Yield: One pan, 8 x 8 inches

¼ cup Swift'ning
½ cup sugar
1 egg
½ cup molasses
1½ cups sifted flour
2 teaspoons double acting baking powder
¼ teaspoon salt
¼ teaspoon soda
1 teaspoon ginger
1 teaspoon cinnamon
½ teaspoon cloves
¼ teaspoon nutmeg
½ cup sour milk*

Cream Swift'ning and sugar. Add egg and beat thoroughly. Add molasses and mix well. Sift together flour, baking powder, salt, soda, and spices. Add dry ingredients alternately with sour milk. Pour into greased 8 x 8-inch loaf pan. Bake.

Baking Temperature: 350° F.

Baking Time: 30 minutes.

*To make ½ cup sour milk place 1½ teaspoons vinegar in measuring cup and fill to one-half cup mark with sweet milk.

APRICOT NUT BREAD

Yield: 9 x 5-inch loaf, 2¾-inches deep; 30 to 35 slices

½ cup Swift'ning
¾ cup chopped, dried apricots* (3½ ounces)
½ cup sugar
1 teaspoon salt
1 egg
2 cups sifted flour
3 teaspoons double acting baking powder
¾ cup milk
1 cup chopped nut meats

Wash apricots. Cover with hot water. Let stand ½ hour. Drain. Chop. Cream Swift'ning, sugar, and salt. Add egg, beating well. Sift flour with baking powder. Add alternately with milk. Stir only enough to blend ingredients. Add apricots and nut meats. Pour into waxed paper lined 9 x 5-inch loaf pan. Bake.

Baking Temperature: 350° F.

Baking Time: About 1 hour.

*Any dried fruit may be used. Pasteurized dried fruit is soft and requires no soaking.

CRISP WAFFLES

Yield: About 7 medium waffles

6 tablespoons melted Swift'ning
2 cups sifted flour
½ teaspoon salt
1 tablespoon sugar
3 teaspoons double acting baking powder
2 eggs
2 cups milk

Sift together flour, salt, sugar, and baking powder. Add beaten egg yolks, mixed with milk. Beat in melted Swift'ning. Fold in beaten egg whites. Pour about ½ cup of the mixture onto heated waffle iron, and bake.

Bacon Waffles: Lay 2 slices partially fried ham over batter on iron and bake.

MUFFINS AND VARIATIONS

Yield: 12 muffins, 2¾ inches in diameter

4 tablespoons melted Swift'ning
2 cups sifted all-purpose flour
3 teaspoons double acting baking powder
1 teaspoon salt
2 tablespoons sugar
1 egg, well-beaten
1 cup milk

Sift together all the dry ingredients. Combine remaining ingredients. Add all at once to flour mixture, stirring quickly and vigorously until just mixed and of a lumpy appearance. Rub muffin pans lightly with Swift'ning. Fill two-thirds full, and bake.

Baking Temperature: 425° F.

Baking Time: About 20 minutes.

Variations: *Cheese* Add 1 cup grated aged American cheese, lightly packed, to the dry ingredients.

Orange Increase sugar to 4 tablespoons. Reduce milk to ¾ cup, and add ¼ cup orange juice and ¼ cup grated orange rind.

Fruit Add ½ cup cut, seeded or seedless raisins, or 1 cup chopped pitted dates.

Nut Add ½ cup medium chopped nut meats —walnuts, pecans, Brazil nuts or others, and ½ teaspoon vanilla.

Bacon Chop and pan fry until done 4 slices of bacon. Drain. Add to muffin mixture.

Cookies

MOLASSES COOKIES

Yield: 10 dozen

¾ cup Swift'ning
1 cup sugar
2 eggs
1 cup molasses
4 cups sifted flour
1 teaspoon salt
1 teaspoon soda
2 teaspoons cinnamon
2 teaspoons ginger
¾ cup water

Cream Swift'ning and sugar together. Add the eggs. Mix well. Add the molasses. Sift flour, salt, soda, and spices together and add alternately with water. Drop by teaspoonfuls (size of walnut) on an ungreased cookie sheet. Bake.
Cookies spread just slightly during baking. These are cake-like cookies. Keep in covered tin to assure cookies retaining their softness. Cookies are 2 inches in diameter after baking.

Baking Temperature: 375° F.

Baking Time: 12 minutes.

REFRIGERATOR COOKIES

Yield: 8 dozen

1 cup Swift'ning
2 cups brown sugar
2 teaspoons vanilla
2 eggs
3½ cups sifted flour
1 teaspoon salt
1 teaspoon soda
1 cup chopped nut meats

Cream Swift'ning, brown sugar, and vanilla. Add eggs and mix well. Sift flour, salt, and soda together; add nut meats and combine with creamed mixture. Mold into 2 rolls (2 inches diameter), wrap in waxed paper, and put into refrigerator over night or until needed. Chill rolls one-half hour in freezing compartment of refrigerator for ease in cutting cookies. Slice very thin, bake on ungreased cookie sheet. Store in loosely covered box to assure cookies remaining crisp.

Baking Temperature: 375° F.

Baking Time: 12 minutes.

DROP SUGAR COOKIES

Yield: 8 dozen

⅔ cup Swift'ning
1⅔ cups sugar
2 teaspoons vanilla
2 eggs
3½ cups sifted flour
½ teaspoon soda
1 teaspoon salt
2 teaspoons double acting baking powder
½ cup heavy sour cream

Cream Swift'ning, sugar, and vanilla until fluffy. Add eggs, and continue creaming. Sift together flour, soda, salt, and baking powder. Add alternately to creamed mixture with cream. Drop by teaspoonfuls (size walnut) onto ungreased cookie sheet. These cookies do not spread much in baking. These are cake-like cookies. Store in tightly covered tin to retain their softness.

Baking Temperature: 375° F.
Baking Time: 12 to 15 minutes.

DATE FILLS

Yield: 90 bars 1 x 2 inches

1 cup Swift'ning
1 cup brown sugar
½ cup water
2½ cups rolled oats
2½ cups sifted flour
1 teaspoon soda
1 teaspoon salt

Cream Swift'ning and sugar. Add water and rolled oats. Mix well. Sift flour with soda and salt. Add to mixture. Divide the dough in half. Pat to fit a 11½ x 17½-inch cookie pan (with shallow sides). Spread with date filling. Pat out remaining dough between two sheets of waxed paper to fit size of the pan. Remove one sheet of waxed paper and lay dough over filling. Remove top sheet of waxed paper. Bake. Cool. Cut into rectangles, 1 x 2 inches.

Filling:

Cook together until thick:
1 pound pitted dates
1 cup sugar
1 tablespoon lemon juice
½ cup water

Cool before spreading on dough.

Baking Temperature: 350° F.
Baking Time: About 30 minutes.

BROWNIES

Yield: 24 squares 1½ inches

- ⅓ cup Swift'ning
- ¾ cup sifted flour
- ½ teaspoon double acting baking powder
- ½ teaspoon salt
- 1 cup chopped pecans
- 1 cup sugar
- 2 eggs
- ½ teaspoon vanilla
- 2 squares melted chocolate

Sift together flour, baking powder, and salt; stir in pecans. Cream Swift'ning until soft; gradually beat in sugar. Add eggs, vanilla, and chocolate; stir in flour-pecan mixture. Turn into greased, shallow 7x 11-inch pan and bake. Cut into 24 squares before removing from pan.

Baking Temperature: 350° F.

Baking Time: 22 minutes.

PECAN TEA COOKIES

Yield: about 6 dozen

- 1 cup Swift'ning
- ½ cup sugar
- 2 teaspoons vanilla
- 2 cups sifted flour
- ½ teaspoon salt
- 2 cups finely chopped pecans

Cream Swift'ning, sugar, and vanilla until fluffy. Sift flour with salt and add to creamed mixture, blending thoroughly. Add pecans, mix well. Shape into 1-inch balls and place on ungreased cookie sheet. Bake. Cool, then roll in confectioner's sugar. Store in loosely covered container to assure cookies retaining their crispness.

Baking Temperature: 325° F.

Baking Time: About 20 minutes.

CHOCOLATE DROP COOKIES

Yield: 9 dozen small cookies

½ cup Swift'ning
1 cup sugar
1 teaspoon vanilla
1 egg
2 squares melted chocolate
2 cups sifted flour
½ teaspoon soda
1 teaspoon salt
¾ cup milk

Cream Swift'ning, sugar, and vanilla until fluffy. Beat in egg, then add chocolate. Sift flour with soda and salt. Add to creamed mixture alternately with milk. Stir to a smooth batter. Drop by teaspoonfuls (size of walnut) on ungreased cookie sheet. Bake. These cookies are cake-type cookies. Store in tightly covered tin box to retain softness. These cookies do not spread much in baking.

Baking Temperature: 375° F.

Baking Time: 10 to 12 minutes.

ROLLED OAT GOODIES

Yield: 10 dozen

1 cup Swift'ning
2 cups brown sugar
2 eggs
1 teaspoon vanilla
1 cup ground raisins
2¼ cups sifted flour
2 teaspoons soda
1 teaspoon salt
2 cups rolled oats
½ cup chopped nut meats

Cream Swift'ning and brown sugar until fluffy. Add eggs one at a time, beating well after each addition. Add vanilla and raisins. Sift flour, soda, and salt together. Add dry ingredients, rolled oats, and nut meats, blending well. Drop by teaspoonfuls (size of walnut) onto ungreased cookie sheet. Bake. Store in loosely covered box to retain crispness of cookies. These cookies do not spread much in baking.

Baking Temperature: 375° F.

Baking Time: 10 minutes.



Pastry

SWIFT'NING PASTRY MIX

Yield: About 11 cups

1 pound (2⅓ cups) Swift'ning
7 cups sifted flour
1 tablespoon salt (3 teaspoons)

Sift flour with salt. Cut in Swift'ning, using a pastry blender, fork, two knives, or the finger tips until the mixture is the consistency of coarse cornmeal. Store in a covered container in the refrigerator. For one 8-inch deep pie crust use 1 cup Pastry Mix and 2 tablespoons water. Sprinkle water over flour mixture gradually, blending to form a stiff dough. Shape into ball. Turn onto lightly floured board. Knead twice to blend thoroughly. Let stand 20 minutes. Roll out to fit pan. For two 8-inch deep pie crusts use 2 cups Pastry Mix and 3 to 5 tablespoons water.

ONE DEEP 8-INCH PIE CRUST

With Swift'ning "Pastry Mix"	(or)	Without Swift'ning "Pastry Mix"
1 cup Swift'ning Pastry Mix 2 tablespoons water		⅓ cup Swift'ning 1 cup sifted flour ½ teaspoon salt 1 to 3 tablespoons water
Place in mixing bowl.		Cut Swift'ning into sifted flour and salt, using a pastry blender, fork, two knives, or the finger tips, until the mixture is the consistency of coarse cornmeal.

Sprinkle enough water, gradually, over flour mixture, blending with fork or finger tips to form a stiff dough. Shape into ball. Turn onto lightly floured board. Knead twice to blend thoroughly. Roll out lightly from center to edges, keeping circular shape. Fit into pie pan. Make a fluted edge. Prick the crust thoroughly. Bake.

Baking Temperature: 450° F.

Baking Time: 10 to 15 minutes.

TWO DEEP 8-INCH PIE CRUSTS

With Swift'ning "Pastry Mix"	(or)	Without Swift'ning "Pastry Mix"
2 cups Swift'ning Pastry Mix		⅔ cup Swift'ning
3 to 5 tablespoons water		2 cups sifted flour
		1 teaspoon salt
		3 to 5 tablespoons water
Place in mixing bowl.		Cut Swift'ning into sifted flour and salt, using a pastry blender, fork, two knives, or the finger tips, until the mixture is the consistency of coarse cornmeal.

Sprinkle enough water, gradually, over flour mixture, blending with fork or finger tips to form a stiff dough. Shape into ball. Divide dough in half. Turn onto lightly floured board. Knead twice to blend thoroughly. Roll out lightly from center to edges, keeping circular shape. Put into pie pan and press lightly with finger tips, or a ball of dough, to push out air. Trim edges to fit pan. Roll top crust. Cut in several places to let out steam in baking. Press edges together and shape.

Note: The quantity of fillings for the recipes in this booklet is 4 cups or 1 quart for an 8-inch deep pie pan. For a 9-inch deep pie pan increase the recipe by one-fourth.

CUSTARD PIE

Yield: 5-cut pie

Pastry: 1 cup Swift'ning Pastry Mix, enough for a deep 8-inch unbaked pastry shell with standing rim.

Filling:

3 cups milk	2 teaspoons vanilla
4 eggs	½ teaspoon salt
½ cup sugar	Nutmeg

Line an 8-inch pie pan with pastry. Make a standing rim on crust. Bake 10 minutes in a hot oven (450° F.). Scald the milk and pour over beaten eggs, sugar, vanilla, and salt. Pour into partially baked pie shell. Sprinkle with nutmeg. Bake. (The custard is set if no custard adheres to a silver knife inserted into center of filling.)

Baking Temperature: 350° F.

Baking Time: 25 minutes.

TART SHELLS

Yield: 6 shells

1½ cups Swift'ning Pastry Mix 2 or 3 tablespoons water

Put pastry mix in mixing bowl. Sprinkle enough water, gradually, over mix, blending with fork, to form a stiff dough. Shape into a ball. Turn onto lightly floured board. Knead once or twice. Roll out lightly. Cut into six circles to cover inverted muffin pans. Prick. Bake.

Baking Temperature: 450° F.

Baking Time: 10 to 15 minutes.

BLACKBERRY PIE

Yield: 6-cut pie

Pastry: 2 cups Swift'ning Pastry Mix, enough for an unbaked two-crust 8-inch deep pie.

Filling:

2 tablespoons flour
¾ cup sugar
½ teaspoon salt
6 tablespoons flour
6 cups blackberries
1 tablespoon lemon juice
1 tablespoon butter or fortified margarine

Sprinkle 2 tablespoons flour over bottom of a deep 8-inch unbaked pie shell. Combine sugar, salt and flour. Mix with berries. Put into pastry lined pie pan. Sprinkle with lemon juice and dot with butter. Moisten edge of lower crust. Cover with top crust, folding bottom crust over upper crust, pressing firmly together. Flute edge. Bake.

Baking Temperature: 425° F.

Baking Time: 40 minutes.

LEMON MERINGUE PIE

Yield: 5-cut pie

Pastry: 1 cup Swift'ning Pastry Mix, enough for one deep 8-inch baked pastry shell, fluted edge.

Filling:

1¼ cups sugar
5 tablespoons cornstarch
½ teaspoon salt
1½ cups boiling water
3 egg yolks
6 tablespoons lemon juice
1 teaspoon grated lemon rind
1 tablespoon butter or fortified margarine

Meringue:

3 egg whites
⅛ teaspoon salt
6 tablespoons sugar

Combine sugar, cornstarch, and salt. Stir in boiling water. Cook in a double boiler or over very low heat, stirring constantly. When thick and well cooked, slowly add hot mixture to beaten egg yolks which have been combined with lemon juice and rind. Cook over low heat 1 minute longer, stirring constantly. Add butter and stir until melted. Cool. Fill 8-inch baked pie shell.

Meringue: Beat egg whites and salt until stiff. Slowly add sugar and continue beating until meringue stands in peaks. Cover lemon pie. Bake.

Baking Temperature : 350° F.

Baking Time: 10 to 15 minutes.

PUMPKIN PIE

Yield: 5-cut pie

Pastry: 1 cup Swift-ning Pastry Mix, enough for one deep 8-inch unbaked pastry shell with standing rim.

Filling:

2 eggs
1½ cups light cream or undiluted evaporated milk
1½ cups cooked, dry pumpkin
¾ cup sugar
2 tablespoons flour
1 teaspoon salt
½ teaspoon ginger
1 teaspoon cinnamon
½ teaspoon allspice
1 teaspoon cloves

Beat eggs slightly. Add cream and pumpkin. Sift together sugar, flour, salt and spices and add to pumpkin mixture, combining well. Pour into unbaked pastry shell and bake.

Baking Temperature: 350° F.

Baking Time: 1 hour.

BUTTERSCOTCH PIE

Yield: 5-cut pie

Pastry: 1 cup Swift'ning Pastry Mix, enough for one deep 8-inch baked pastry shell, fluted edge.

Filling:

½ cup sugar*
2 cups scalded milk
¼ cup cornstarch
½ cup sugar
½ cup cold milk
½ teaspoon salt
2 egg yolks
¼ cup butter or fortified margarine
1 teaspoon vanilla

Melt ½ cup sugar in heavy skillet until dark amber in color, stirring constantly. Remove skillet from heat and cool slightly. Add scalded milk very slowly, stirring constantly. Return to heat and stir until sirup and milk are well blended. Combine cornstarch, and sugar, and add cold milk, stirring until it is a thin paste. Add thickening to hot mixture, and cook until filling is thick and cornstarch is well cooked. Beat egg yolks slightly with salt. Add hot mixture slowly to egg yolks, beating constantly. Cook 1 minute longer. Remove from heat and add butter and vanilla. Cool. Fill 8-inch baked pie shell.

Meringue:

2 egg whites
⅛ teaspoon salt
4 tablespoons sugar

Beat egg whites and salt until stiff. Slowly add sugar and continue beating until meringue stands in peaks. Cover butterscotch pie.

*Brown sugar may be substituted for granulated sugar. This would eliminate the caramelizing of sugar in the preparation.

Baking Temperature: 350° F.

Baking Time: 10 to 15 minutes.

PECAN PIE

Yield: 5-cut pie

Pastry: ¾ cup Swift'ning Pastry Mix, enough for one shallow 8-inch unbaked pastry shell, fluted edge.

Filling:

1 cup pecans
3 eggs
1 cup dark corn sirup
½ cup sugar
½ teaspoon cinnamon
1 teaspoon vanilla
1 tablespoon flour
½ teaspoon salt
¼ cup melted butter or fortified margarine

Line an 8-inch pie pan with pastry. Chop pecans fine. Beat eggs well and combine all ingredients. Pour into unbaked pie shell. Bake until filling is set.

Baking Temperature: 350° F.

Baking Time: 45 minutes.

APPLE PIE

Yield: 6-cut pie

Pastry: 2 cups Swift'ning Pastry Mix, enough for an unbaked two-crust 8-inch deep pie.

Filling: 4 cups sliced apples (6 medium apples = 5 cups sliced)
½ to ¾ cup sugar (use more if apples are tart)
1 tablespoon flour
½ teaspoon salt
¼ teaspoon nutmeg or cinnamon
Butter or fortified margarine

Combine sugar, flour, salt, and spice. Mix with apples. Put into a deep 8-inch pastry lined pie pan. Dot with butter, Moisten edge of lower crust. Cover with top crust, lapping bottom crust over upper crust, pressing together firmly. Flute edge. Bake. Be sure that apples are tender when pricked with a fork.

Baking Temperature: 425° F.

Baking Time: 40 minutes.

CHERRY PIE

Yield: 5-cut pie

Pastry: 2 cups Swift'ning Pastry Mix, enough for an unbaked two-crust 8-inch deep pie, fluted edge.

Filling:
4 cups cooked, tart cherries
1 cup sugar
2½ tablespoons flour
¼ teaspoon salt
1 tablespoon butter or fortified margarine

Drain cherries well. Combine sugar, flour, and salt. Mix with cherries. Put into 8-inch pastry-lined pie pan. Dot with butter. Moisten lower edge of crust. Cover with top crust, folding bottom crust over top crust. Press firmly to seal well. Flute edge. Bake until crust is as brown as desired, and juice bubbles through slits in pastry.

Baking Temperature: 425° F.

Baking Time: 40 minutes.

CREAM PIE

Yield: 5-cut pie

Pastry: 1 cup Swift'ning Pastry Mix, enough for one deep 8-inch baked pastry shell, fluted edge.

Filling:

⅓ cup flour
⅔ cup sugar
½ teaspoon salt
2½ cups scalded milk
3 slightly beaten egg yolks
2 tablespoons butter or fortified margarine
1 teaspoon vanilla

Meringue:

3 egg whites, stiffly beaten
⅛ teaspoon salt
6 tablespoons sugar

Mix flour, ⅔ cup sugar, and salt. Gradually add milk. Cook in double boiler until thick, stirring occasionally. The filling must be thoroughly cooked and not taste starchy. Slowly add small amount of hot mixture to egg yolks; stir into remaining hot mixture. Cook 2 minutes. Add butter and vanilla. Cool. Pour into baked shell and spread with meringue made of egg whites, salt,and 6 tablespoons sugar. Bake.

Baking Temperature: 350° F.

Baking Time: 12 to 15 minutes.

Variations: *Banana:* Slice 2 or 3 bananas (2 cups). Alternate layers of banana slices and cream filling.

Coconut: Add 1 cup moist, shredded coconut to filling. Sprinkle ½ cup coconut over meringue before browning.

Date: Add 1 cup pitted, chopped dates to cooled filling.

Pineapple: Add ½ cup thoroughly drained, crushed pineapple to cooled filling.

Chocolate: Increase sugar to 1 cup; melt two 1-ounce squares unsweetened chocolate in scalded milk. Chocolate will melt in milk over low heat without being grated.

RHUBARB PIE

Yield: 5-cut pie

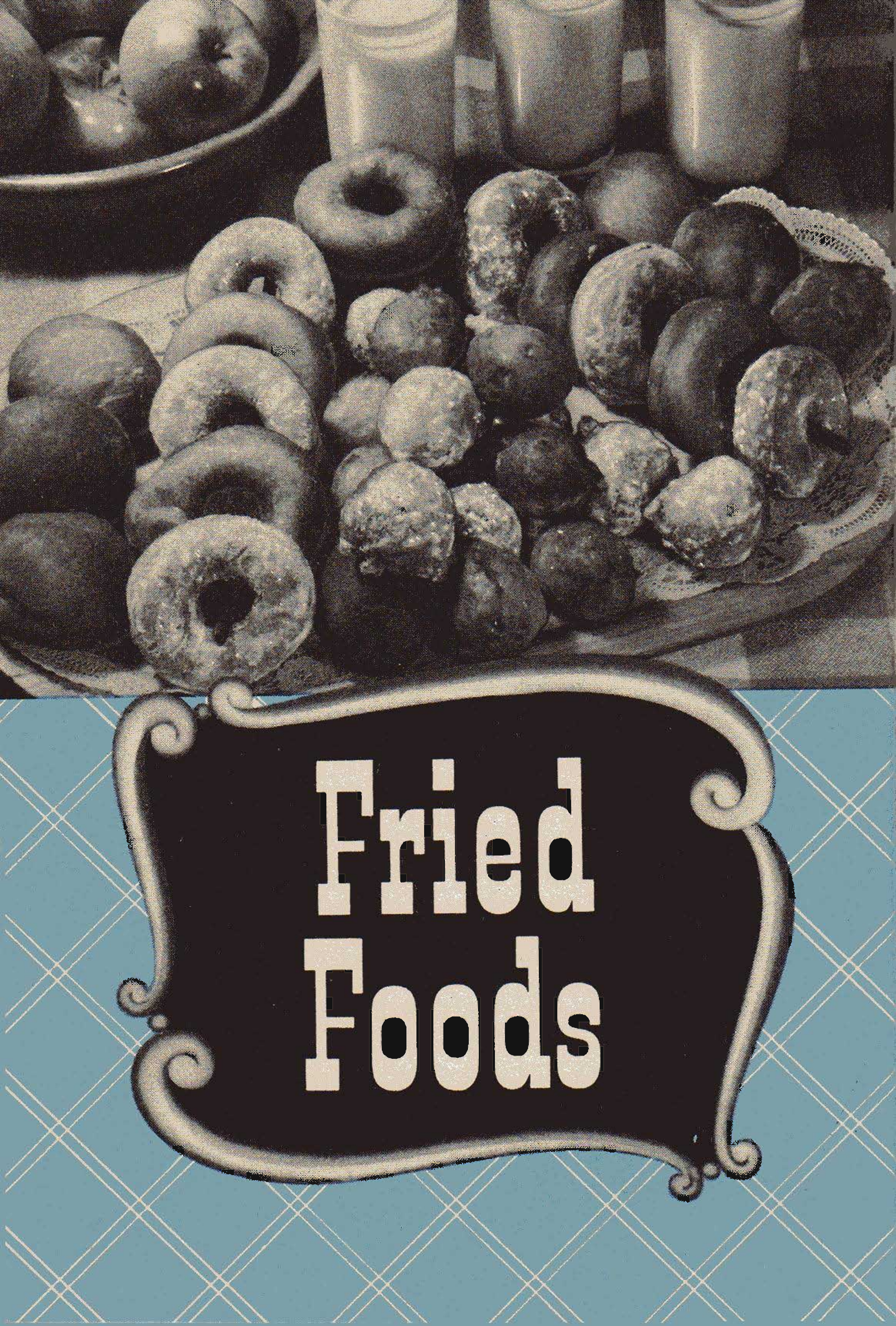
Pastry: 2 cups Swift'ning Pastry Mix, enough for an unbaked two-crust 8-inch deep pie.

Filling:

1 egg
2 tablespoons melted butter or fortified margarine
1½ cups sugar
1 teaspoon salt
2 tablespoons flour
4 cups diced rhubarb (1¼ pounds)

Mix together egg, butter, sugar, salt, and flour. Cut rhubarb into one-inch pieces. Do not peel young rhubarb. Combine rhubarb and egg mixture. Pour into pastry lined pie pan. Add top crust and bake.

Baking Temperature: 425° F.
Baking Time: 10 minutes.
Reduce to:
Baking Temperature: 350°F.
Baking Time: About 30 minutes.



Fried Foods

TEA DOUGHNUTS

Yield: 14 medium or 18 small doughnuts

1 pound Swift'ning for frying
1 tablespoon melted Swift'ning
1 egg
½ cup milk
1 teaspoon vanilla
1⅓ cups sifted flour
2 teaspoons double acting baking powder
¼ teaspoon salt
⅓ cup sugar

Heat 1 pound Swift'ning, slowly, in deep kettle to 350° F. (Cube of bread browns in 60 seconds.) Beat egg. Add milk and vanilla. Beat together. Sift dry ingredients together. Add to milk and egg. Mix to blend thoroughly. *Do not beat.* Stir 1 tablespoon melted, cooled Swift'ning into doughnut batter. Dip teaspoon into hot Swift'ning, then dip up a spoonful of batter. Quickly immerse spoon into hot Swift'ning and drop off the batter. Turn doughnut balls when they come to the surface. Fry only four doughnuts at a time for 3 to 5 minutes, or until delicately brown. Drain well over kettle, then place on tray covered with absorbent paper.

Frying Temperature: 350° F.

Frying Time: 3 to 4 minutes.

Variations:

Pecan Doughnuts: Add ½ cup finely chopped pecans.

Orange Doughnuts: Add grated rind of 1 orange.

Spice Doughnuts: Add 1 teasoon cinnamon.

Honey Doughnuts: Use ¼ cup honey in place of ⅓ cup sugar. Reduce milk from ½ cup to ⅓ cup.

RAISED DOUGHNUTS

Yield: 2 dozen, using cutter 3 inches in diameter with center hole 1½ inches in diameter

2 to 3 pounds Swift'ning for deep fat frying

1¼ cups milk

¼ cup Swift'ning

3 eggs

¾ cup sugar

1 package of compressed or dry granular yeast

5 cups sifted flour

2 teaspoons cinnamon

¾ teaspoon nutmeg

2½ teaspoons salt

Scald milk. Add ¼ cup Swift'ning and stir until melted. Add beaten eggs and sugar, reserving 1 tablespoon sugar to combine with yeast. Mix yeast and sugar together until yeast and sugar liquefy. When milk-egg mixture is lukewarm, add yeast mixture. Sift together flour, cinnamon, nutmeg, and salt, and add to yeast mixture to form a stiff dough. Turn out onto floured board and knead until smooth. Put dough into bowl which has been rubbed lightly with Swift'ning. Lightly coat top of dough with softened Swift'ning. Let rise in warm place until doubled in size. Roll out ½-inch thick. Cut doughnuts. Let rise until doubled in bulk. Fry in deep fat until lightly browned, first on one side, then on the other. Drain on absorbent paper.

Frying Temperature: 350° F.

Frying Time: 3 minutes.

Note: If desired, roll doughnuts in granulated sugar or glaze while still hot. *To Make Glaze:* Make a very thin icing by adding water to sifted confectioner's sugar. Flavor with vanilla. Brush glaze on doughnuts while still hot.

EGG QUICKIES

Yield: 4 servings

1 tablespoon Swift'ning
¼ cup diced onion
2 cups soft bread crumbs
½ cup milk
4 hard-cooked eggs
1 teaspoon salt
¼ teaspoon celery salt
1 tablespoon minced parsley
2 tablespoons Swift'ning for frying

Heat 1 tablespoon Swift'ning. Cook onion slowly to a golden brown. Add bread crumbs and milk. Stir and cook slowly until thoroughly blended and thick (about 2 minutes). Add finely chopped eggs, salt, celery salt, and parsley. Spread on waxed paper or plate to cool. Shape into 4 patties. Pan fry in 2 tablespoons Swift'ning to brown patties on both sides.

Variation:

Yield: 6 or 7 small croquettes

1 pound Swift'ning for deep fat frying.

Mix ingredients for Egg Quickies.

For dip:

1 egg
¼ cup milk
¾ cup sifted bread or cracker crumbs

Shape egg mixture into 6 or 7 small croquettes. Dip into mixture of beaten egg and milk, then into crumbs. Coat thoroughly. Chill. Heat 1 pound Swift'ning slowly in a deep kettle to 350° F. Fry 3 croquettes at a time, about 2 minutes, or until a light golden color. Drain well over kettle, then place on tray covered with absorbent paper. Serve hot with tomato or mushroom sauce.

Frying Temperature: 350° F.

Frying Time: About 2 minutes.

FRENCH FRIED ONION RINGS

Yield: 6 servings

1 pound Swift'ning for deep fat frying
3 Spanish onions
1 cup milk
½ cup flour
1½ teaspoons salt

Heat Swift'ning slowly, in deep kettle, to 350° F. (Cube of bread browns in 60 seconds.) Peel and slice Spanish onions ¼-inch thick. Separate rings. Dip into milk, then into flour and salt which have been sifted together. Fry a few onion rings at a time in hot Swift'ning until golden brown, 5 to 7 minutes. Drain well over kettle, then place on tray covered with absorbent paper. Serve hot.

Frying Temperature: 350° F.

Frying Time: 5 to 7 minutes.

FRENCH FRIED POTATOES

Yield: 4 servings

1 pound Swift'ning for deep frying
6 small-sized potatoes (about)
Salt

Heat Swift'ning slowly in deep kettle, to 350° F. Wash and pare potatoes and cut lengthwise into strips about ⅜-inch thick; soak in cold water ½ to 1 hour. Drain, wipe very dry between towels, and place just enough in bottom of frying basket or sieve to cover sparsely. Immerse in hot Swift'ning (350° F.) and cook 6 to 10 minutes, or until a golden brown, keeping potatoes in motion. Drain well over kettle, then place on tray covered with absorbent paper. Sprinkle with salt and serve hot. Allow 1 to 2 potatoes per person.

Frying Temperature: 350° F.

Frying Time: 6 to 10 minutes.

Prepare potatoes as described in above recipe. After cutting potatoes in strips, parboil 3 minutes in boiling salted water. Drain. Dry between towels. Fry as directed above.

CORN FRITTERS

Yield: 6 servings

¼ cup Swift'ning
½ cup sifted flour
1 teaspoon double acting baking powder
1 teaspoon salt
½ teaspoon paprika
2 eggs
2 cups (No. 2 can) corn kernels

Sift together flour, baking powder, salt, and paprika. Separate eggs. Beat yolks. Blend with corn. Stir in flour mixture. Beat egg whites. Fold into corn mixture. Heat Swift'ning in a heavy skillet. Drop spoonfuls into hot fat. Turn to brown. Serve hot.

DEEP-FAT FRIED CHICKEN

2 or 3 pounds Swift'ning for frying
2½ to 3½ pound frying chicken
1 cup flour
1 tablespoon salt
1 egg
½ cup milk

Cut frying chicken into quarters or into serving pieces. Steam chicken over hot water until tender. Dip pieces of chicken into flour and salt sifted together, then into egg beaten with milk, then again into flour. Melt Swift'ning slowly in large deep kettle. Heat to 350° F. (Cube of bread browns in 60 seconds.) Lower pieces of chicken into kettle. The temperature of Swift'ning will drop to 300° F. or 325° F. As the frying continues, the temperature of Swift'ning should rise, but not over 350° F. Fry for 5 to 6 minutes, depending on size of pieces of chicken, until crisp and browned. Drain well over kettle, then place on tray covered with absorbent paper.

Frying Temperature: 350° F.

Frying Time: 5 to 6 minutes.

Note: Use steaming water for making gravy. If very young chicken is used, steaming is not necessary, but frying time must be lengthened and frying temperature reduced to 300° F.

HAM CROQUETTES

Yield: 8 medium-sized croquettes

1 pound Swift'ning for deep fat frying

Sauce: 3 tablespoons Swift'ning

4 tablespoons (¼ cup) flour

1 cup milk

Croquette Ingredients:

2 cups ground, cooked ham (¾ pound)

½ cup finely chopped celery

2 tablespoons horseradish

1 egg

2 tablespoons milk

¾ cup sifted, dry bread or cracker crumbs

Make a white sauce of the Swift'ning, flour, and milk. Add ham, celery, and horseradish to the white sauce. Chill. Shape into balls or cones. Or, pat out in a rectangle about ½ inch thick and cut in triangles with a sharp knife. Beat egg and milk together. Dip each croquette into beaten egg and milk mixture, and then into crumbs. Chill. Fry. Drain well over kettle, then place on tray covered with absorbent paper.

Frying Temperature: 350° F.

Frying Time: 6 minutes.

Note: Ham usually contains enough salt to flavor the croquettes without the addition of more salt.

BISMARKS

Yield: 2¼ dozen, using cutter 2¾ inches in diameter

2 to 3 pounds Swift'ning for deep fat frying
2 cups milk
½ cup Swift'ning
4 egg yolks plus 1 whole egg
½ cup sugar
1 package compressed or dry granular yeast
2 teaspoons vanilla
1 tablespoon grated orange rind
2 teaspoons grated lemon rind
6 cups sifted flour
1 tablespoon salt

Scald milk. Add ½ cup Swift'ning and stir until melted. Add beaten eggs and sugar, reserving 1 tablespoon sugar to combine with yeast. Mix yeast and sugar together until yeast and sugar liquefy. When milk-egg mixture is lukewarm, add yeast mixture. Add vanilla and orange and lemon rinds. Sift together flour and salt and add to mixture to form a stiff dough. Turn out onto floured board and knead until smooth. Put dough into bowl which has been rubbed lightly with Swift'ning. Lightly coat top of dough with softened Swift'ning. Let rise in warm place until doubled in size. Roll out ½ inch thick. Cut bismarks or form into any desired shape. Let rise until doubled in bulk. Fry in deep fat until lightly browned, first on one side, then on the other. Drain on absorbent paper.

Frying Temperature: 350° F.

Frying Time: 5 minutes.

Note: If desired, roll bismarcks in granulated sugar or glaze while still hot. *To Make Glaze:* Make a very thin icing by adding water to sifted confectioner's sugar. Flavor with vanilla. Brush glaze on bismarks while still hot.


Meat
Dishes

FRANKFURT TOASTWICHES

Yield: 6 toastwiches

2 tablespoons Swift'ning for frying
6 frankfurts
¾ cup cheese spread *
12 slices bread
2 eggs
½ teaspoon salt
1 cup milk

Cut frankfurts in half. Slice thinly lengthwise. Use 2 tablespoons cheese spread per sandwich. Spread evenly over 2 slices of bread. Place frankfurt slices on one slice of bread. Top with second slice of bread. Press together. Heat Swift'ning in a heavy skillet. Beat eggs slightly. Add salt and milk. Dip toastwitch into egg-milk mixture. Fry slowly to a golden brown on both sides. Serve hot.

*In place of cheese, may use 1 tablespoon mustard or 2 tablespoons catsup for each toastwich.

FRANCISCAN MEAT PIE

Yield: 6 servings

Biscuit:

2 cups Swift'ning Biscuit Mix
⅔ cup milk (about)

Filling:

¼ cup Swift'ning
½ cup chopped onion
1 pound ground beef, veal, or ham
1 teaspoon salt
3 tablespoons catsup or chili sauce

Topping: 1 cup drained, cooked tomatoes

Heat Swift'ning. Cook onion slowly to a golden brown. Add meat and brown well. Add salt and catsup. Put biscuit mix into mixing bowl. Pour milk quickly into dry ingredients. Stir until well blended. Turn onto lightly floured board. Knead six times. Roll into circular shape. Put into a 9-inch pie pan. Do not flute edges. Fill with cooked meat. Cover with drained tomatoes. Bake, and serve hot.

Variation: For filling, may use 2 cups ground, cooked meat. Cook with 1 tablespoon flour and ½ cup meat stock or milk, until thickened.

Baking Temperature: 450° F.

Baking Time: About 30 minutes.

CREOLE MEAT SHORTCAKES

Yield: 6 servings

Biscuit:

2½ cups Swift'ning Biscuit Mix
1 cup milk (about)

Meat Sauce:

2 tablespoons Swift'ning
½ pound ground beef
2 tablespoons chopped onion
½ cup minced celery
2 tablespoons flour
1 cup boiling water
½ teaspoon chili powder
1 teaspoon salt
½ teaspoon Worcestershire sauce
2 cups cooked tomatoes
1 tablespoon chopped green pepper

Brown the meat, onion, and celery in Swift'ning. Stir in flour. Add water to make a sauce. Add seasonings, tomatoes, and green pepper. Cook slowly 1 hour. Put biscuit mix into mixing bowl. Pour milk quickly into dry ingredients. Stir until well blended. Turn onto lightly floured board. Knead six times. Roll or pat to ½-inch thickness. Cut 6 biscuits with 3-inch cutter. Place on baking sheet and bake. Serve hot with ⅔ cup meat sauce between and over top of each split biscuit.

Baking Temperature: 450° F.

Baking Time: About 15 minutes.

HAM ROLLS

Yield: 8 servings

Biscuit:

2 cups Swift'ning Biscuit Mix
⅔ cup milk (about)

Ham Filling:

2 cups ground cooked ham (or corned beef)
1 cup thick gravy or brown sauce

Put biscuit mix into mixing bowl. Add milk and stir. Turn onto lightly floured board. Knead six times. Roll out into rectangle ⅓-inch thick. Spread with mixed ham and sauce. Add a bit of mustard, if desired. Roll up like a jelly roll. Cut into eight 1-inch pieces. Lay cut side down in 9-inch layer cake pan. Bake until browned. Serve hot with tomato or mushroom sauce.

Baking Temperature: 425° F.

Baking Time: About 25 minutes.

SWEDISH MEAT RING

Yield: 6 servings

Biscuit:

3 cups Swift'ning Biscuit Mix
1 cup milk (about)

Filling:

¼ cup chopped green pepper
1 tablespoon Swift'ning
2 cups cooked, ground ham or other meat
1 cup thick gravy (about)

Place biscuit mix in bowl. Add milk and stir. Turn onto lightly floured cloth-covered board. Knead 6 times. Roll into 8 x 15-inch rectangle. Cook green pepper in Swift'ning until tender. Combine green pepper and meat with gravy. Spread evenly over dough to within 1 inch of edges. Roll up as for jelly roll. Place on baking sheet. Form a ring by bringing ends together. Press together. With scissors slash ring, cutting on a diagonal from outside of ring almost to center. Cut 12 pieces. Turn each piece cut side up. Bake until well browned. Serve hot with mushroom sauce or gravy.

Baking Temperature: 450° F.

Baking Time: 20 minutes.

MEAT PASTIES

Yield: 6 pasties

Pastry:

2 cups Swift'ning Pastry Mix
3 to 5 tablespoons water

Filling:

1 tablespoon Swift'ning
2 tablespoons minced onion
1¾ cups ground cooked meat
¾ cup gravy or white sauce

Cook onion in Swift'ning until lightly browned. Combine onion, meat, and gravy. Place pastry mix in bowl. Sprinkle enough water, gradually, over pastry mix, blending with fork to form a stiff dough. Turn onto lightly floured cloth-covered board. Knead twice to blend thoroughly. Roll pastry so as to cut six 5-inch squares. Place ⅓ cup filling on one half of each square. Fold dough over filling. Seal edges. Place on baking sheet. Bake. Serve hot with sauce or gravy.

Baking Temperature: 450° F.

Baking Time: 20 minutes.

Use Swift'ning Pastry Mix and substitute milk for water. Allow enough for a crust to fit the casserole with an extra inch all round for fluting. Make slits in crust for steam vents.

ACCURATE MEASUREMENTS ARE IMPORTANT

Use standard measuring cups and spoons.

Sift *flour* once before measuring. Put sifted flour lightly into measuring cup by spoonfuls. Do not press flour into cup, or tap it down. Level off top of flour with edge of spatula.

Sift *sugar* if it is lumpy.

Pack *brown sugar* down tightly when measuring. Should hold its shape when turned out.

Spices, salt, and other dry ingredients should be heaped in measuring spoons and then leveled off with a straight edge.

Liquids should be measured in a glass measuring cup which has extra space at top to prevent spilling. Be sure cup is on level area and that you read the measurement at eye level.

Swift'ning may be packed solidly into unit measuring cups and spoons. Or, fill cup with fractional readings with water to point that will total 1 cup when the specified amount of Swift'ning is added. Then put in Swift'ning until water reaches the 1 cup marking.

MEASUREMENT OF INGREDIENTS

3 teaspoons = 1 tablespoon

4 tablespoons = ¼ cup

5 tablespoons plus 1 teaspoon = ⅓ cup

16 tablespoons = 1 cup

2 cups = 1 pint

4 cups = 1 quart

2 cups granulated sugar = 1 pound

2½ cups brown sugar = 1 pound

3½ cups confectioners sugar = 1 pound

4 cups all-purpose flour = 1 pound

5 cups cake flour = 1 pound

2⅓ cups Swift'ning = 1 pound

SWIFT'NING

SWIFT'S BLAND LARD

The New Improved Shortening

Finer Cakes: Swift'ning contains a wonder-working "quick mix" ingredient. This wholly new kind of shortening is ideal for all types of cakes. Gives perfect results with either quick mix or conventional type recipes.

Flakier Pies: Tests prove that snow-white Swift'ning makes flakier pastry than other types of shortenings.

Melt-In-Mouth Fried Foods: Swift'ning is tasteless, odorless and more digestible (no other shortening is more digestible); contains important nutritional essentials in greater quantity than shortenings of other types.

Keeps Without Refrigeration: Keeps fresh right on your pantry shelf.

Outperforms all other shortenings

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